Ottawa metro

CANADIAN MEDAL COUNTER 3 2 9

HOTTEST MONTH EVER
metroNEWS

Your essential daily news | WEDNESDAY, AUGUST 17, 2016

High 27°C/Low 16°C A mix of sun and cloud

Rebecca Marsan, 17, stands on the bridge connecting Ottawa and Gatineau over Lemieux Island.
HALEY RITCHIE/METRO

'HIDDEN GEM'

Petition launched to keep the Prince of Wales bridge accessible

metroNEWS

Retiring Alfie's 11

NHL

Former captain first Senator to be honoured in modern era

Haley Ritchie
Metro | Ottawa

There will never be another Ottawa Senators player like Daniel Alfredsson — and now there will never be another player to wear the No. 11 jersey he made famous.

The Senators announced Tuesday they will retire their long-time captain's jersey. The jersey will be retired on Dec. 29, 2016 before the Senators' game against the Detroit Red Wings.

Alfredsson thanked the crowd gathered at the Canadian Tire Centre on Tuesday, including Ottawa Senators owner Eugene Melnyk and former general manager Bryan Murray.

"Nothing would have been possible without the teammates, coaches, the staff, family, parents from an early stage. That's what comes to mind when I was told I was going to get this honour," he said.

"You know I tried my best and I worked really hard, but there's so many things that goes into this and I really want to thank everyone that's been a part of this. On behalf of everybody I accept this with a great attitude of humbleness," said Alfredsson.

Alfredsson played 17 seasons with the Senators before signing with the Red Wings in 2013.

He retired 17 months later, but not before signing a one-day contract with his old team for a final farewell skate.

Alfredsson is the first player to have his jersey retired in the modern era of the franchise. The only other retired jersey is Frank Finnigan's No. 8.

NOW YOU CAN EARN
AEROPLAN® MILES
WITH TOYOTA AND SCION
VISIT YOUR LOCAL DEALERSHIP FOR DETAILS*
TOYOTA
aeroplan
SCION
*Some conditions apply. See your local dealership for full details. ®Aeroplan and the Aeroplan logo are registered trademarks of Aimia Canada Inc.

REGISTER BY AUGUST 19 FOR A CHANCE TO WIN A ROUND TRIP FLIGHT FOR TWO.*

When you register for the Canadian Breast Cancer Foundation CIBC Run for the Cure by August 19, you will be entered for a chance to win one round trip flight for two people to any regularly scheduled WestJet destination.*

REGISTER TODAY AT CIBCRUNFORTHECURE.COM AND JOIN US ON OCTOBER 2.

Canadian Breast Cancer Foundation

CIBC

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

WESTJET

*No purchase or fundraising necessary. Open to age of majority legal residents of Canada. Contest opens August 17, 2016 (12:01 AM PST) and closes August 19, 2016 (11:59 PM PST). The Prize consists of one voucher that is valid for one (1) round-trip flight for two (2) people to any scheduled WestJet destination*** (restrictions apply). The voucher has a maximum potential retail value of $2,900 CAD (no cash value), although the actual value will depend on the destination chosen and time of booking from originating city. Odds depend on number of eligible entries submitted and received. Skill-testing question required. Full contest rules and regulations at CIBCRunfortheCure.com. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation.

metro NEWS

Your essential daily news

Chef Massimo Bottura feeds Rio's homeless with Olympics leftovers. **World**

Revelstoke residents Graham Sibthorpe, left, and Elisabeth Klein join Hunt Club resident Aija Auzina along the busy Riverside Drive, one of many routes in River Ward where, they say, cycling infrastructure needs improving. They are members of the new 16 Cyclists: River Ward Cycling Advisory Group. ERIN MCCRACKEN/METROLAND MEDIA

Pedalling hard for safety

TRANSPORTATION

River Ward cycling group advocates for route upgrades

Pedal power is getting a powerful boost in River Ward with the creation of a coalition of avid cyclists who are advocating for an improved network of routes to improve safety and draw out more recreational and commuter cyclists.

The seven-member group is also now mapping out cycling routes for a report that will be submitted to the city by the fall. The report card will explore current conditions and recommend short and long-term improvements to the city and the National Capital Commission.

"I would do way more utilitarian cycling if there was better infrastructure," said Elisabeth Klein, who lives in the Revelstoke community of the ward and is a volunteer member of the 16 Cyclists: River Ward Cycling Advisory Group.

While Klein said there are a few breaks in connectivity, she finds it relatively easy to get onto the NCC's pathways to access local parks. However, improvements are needed on traffic-heavy arterial routes, she said, such as Walkley and Heron roads, as well as along Bank Street where she shops and runs errands.

"I doubt if I would use my car," Klein said if routes were improved to make cycling safer. "It would ... change my lifestyle."

Revelstoke resident Elisabeth Klein, left, and Aija Auzina, of Hunt Club, cycle south along Riverside Drive south of Malhotra Court. ERIN MCCRACKEN/METROLAND MEDIA

It really comes down to safety, given the growing congestion in the ward and the increasing speed of cars.

"That's the one thing that keeps me from cycling more," said Aija Auzina, a Hunt Club resident.

Their group formed in January as an offshoot of Ecology Ottawa's active transportation group that was meeting to discuss the city's plan to widen the Airport Parkway.

The group, which met early on with River Coun. Riley Brockington who suggested the group be ward-wide, is also advocating for educational materials so that drivers and cyclists can be on the same page.

While improvements have been made thanks to stiffer dooring penalties as well as the requirement that drivers keep one metre away while passing cyclists, Auzina said it's critical that motorists and cyclists become more knowledgeable. Education is key to safety, she said.

"It's got to be a partnership ... because it's all a public space."

ERIN MCCRACKEN/METROLAND MEDIA

POLICE

Swarmings spark call for caution

Joe Lofaro
Metro | Ottawa

Ottawa police are asking for the public's help in identifying suspects in a series of swarmings in the city's south end last week.

On Aug. 10 at about 9:30 p.m., two people — one of whom was carrying a knife — approached a woman walking along the path between Albion Road and Lorry Greenberg Drive. They demanded she hand over her backpack, police said, before fleeing with a small quantity of cash. No one was injured.

The next day at 9:20 p.m., police say three men demanded a woman jogging on the same path hand over her belongings. One of the men carried a knife. They left with the victim's phone and there were no injuries.

Police say two more victims contacted police about similar incidents in the area, although this time they reported seeing a handgun, according to police.

"The suspect(s) indicated they needed money for their sick family and that no one would be hurt. When no money was available, the suspect(s) demanded the female victim's necklace. There were no injuries," police said.

Police describe the suspects as either black or of Middle Eastern descent, between the ages of 15 and 20, with slim builds, and varying heights.

"Extra vigilance is warranted as these investigations progress," police said.

Borrow up to $5,000.

For big changes.

We can help. Money Mart®

*Instalment loans offered in select provinces only. See moneymart.ca for details. Loan principal amounts vary between $1000 and $5000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loans have terms of 12 to 36 months with payments scheduled based on your income deposit dates at the time of loan origination. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All Rights Reserved.

Fairwinds looking to put brakes on truck traffic

COMMUNITY

Area residents trying to solve problem for three years

Frank Boeres, who lives at the roundabout at Huntmar Drive and Rosehill Avenue said truck traffic starts at 5:30 a.m. and doesn't let up until 9 p.m.

Boeres, who says he's probably submitted 95 complaints to the police, says he and other members of the Fairwinds Community Association have been trying to get the issue addressed for three years.

"It's horrible, you can't sit outside," he said, adding probably as much as 40 trucks go by the area daily, trying to get to Highway 417.

"It seems to go in spurts and most of them are between 8 a.m. and 11 a.m. and 1 p.m. and 4 p.m.," he said, adding that children are often at play near the road.

"It's a collector road, but it's also a community," he said.

Const. Tony Hagan said heavy trucks are allowed to use the road to make deliveries, or to go to residents or work sites, but are obligated to take the shortest route to their delivery point and then leave by the same route.

"This does not always happen," Hagan wrote in an email. "Also heavy trucks use Huntmar as a cut through from the 417/Palladium to get to Hazeldean and Iber Road locations. They cannot use Huntmar like that."

Hagan added that GPS units don't show no truck routes and the traffic circle at Huntmar and Rosehill has been damaged in the past by large trucks and/or trailers that have been unable to negotiate it properly.

A truck goes through the traffic circle at Huntmar Drive and Rosehill Avenue. Frank Boeres, who lives on the corner, estimates that about 40 trucks travel on Huntmar every day. CONTRIBUTED

But enforcement can be difficult.

"In order for us to prove the offence of driving a truck on a no truck route like Huntmar, we first need to establish gross weight as per MTO (Ministry of Transportation Ontario) info, we then have to follow the truck and see where he or she is going," he said.

Stittsville Coun. Shad Qadri said he's been working with police on heightened enforcement since January. He's also written to area businesses — like the Food Basics — that it is a no truck route.

"Are we ever going to 100 per cent eradicate the problem, no," he said, adding trucks coming from out of town may still use the route, but it will significantly help if the city can be proactive.

> **It's horrible, you can't sit outside. It's a collector road, but it's also a community.**
> Frank Boeres

Qadri also said it can be tough for residents to know which trucks are travelling the road illegally, so the perception may be that the problem is not as bad as people think.

In addition to the letters to businesses, the city has installed no truck signs throughout the route.

Glen Gower, also a member of the community association, says he doesn't think the signs have been as effective as they might have been.

"There's a lot of signage on the road, so it's possible they're being missed," he said, adding they might need to be bigger to stand out.

Boeres said a good enforcement tool would be cameras, which would help police to determine the best times to be out ticketing trucks.

Another option would be the installation of more stop signs to make the route less attractive.

"It's a matter of when, not if, there's going to be a fatality if something's not done soon," he said.

Hagan did say that another blitz is in the work to catch trucks travelling the route illegally.

JENNIFER MCINTOSH
METROLAND MEDIA

HEALTH TECHNOLOGY

Startup bets on bionic eye

A new startup founded by entrepreneurs in Ottawa and scientists in Australia sees huge potential in its technology that would restore sight to people using diamonds and lasers.

The company, iBionics, is developing a bionic eye system to restore vision in people with retinal degenerative diseases using a diamond retinal implant and laser-beam glasses. The firm's founders believe the business will eventually take in revenues of a half-billion dollars per year.

Before that, they'll have to raise at least $100 million to commercialize the product and market it globally. That number may be high, but the firm's founders say that in the biotechnology industry — in which Sydney-based Cochlear is nearing $1 billion in annual revenues from its own implants for hearing restoration — it's quite feasible.

The startup is indeed directly inspired by Cochlear, which was named one of the world's most innovative companies by Forbes in 2011 and has used its technology to restore hearing in more than 300,000 deaf patients since 1981.

"The challenge that we thought we'd undertake was to see if we could do for eyes what they had already done for ears," says Steven Prawer, a Melbourne-based scientist who conceived the idea for iBionics and, after meeting with tech expert Michel Pigeon while visiting Ottawa, co-founded the company with him and Suzanne Grant, a successful local entrepreneur who was recruited as CEO.

Here's how it works: the person wears a pair of glasses equipped with a small camera that captures the image data. The glasses send that information via a laser beam to the diamond implant at the back of the eye, which then converts the data into electric signals that artificially stimulate the retina.

"The technology is almost perfect," says Pigeon, the startup's COO. "It has all these beautiful properties, and the technology is really disruptive "

ADAM FEIBEL
OTTAWA BUSINESS JOURNAL

> **The technology is almost perfect.**
> Michel Pigeon

DISPUTE

Women fling dog feces at each other

Two Ontario women got some advice from police on neighbourly harmony after a dispute between the two neighbours saw volleys of dog feces being flung across the property line.

Police in Brockville, Ont., say the altercation started last Thursday when one woman found what she believed was her neighbour's dog's excrement in her yard.

They say the woman then threw the feces into her neighbour's yard.

Police say the dispute escalated when the neighbour replied in kind, throwing handfuls of dog droppings back.

After that the confrontation became physical as the neighbours "grabbed hold of one another."

Police say they gave the women advice on how to get along in future and suggested they stay away from each other.

THE CANADIAN PRESS

CRIME

Police looking for stabbing suspect

Ottawa police want the public to help find an "armed and dangerous" man involved in a stabbing Tuesday on Forward Avenue in Mechanicsville around 6:15 a.m. after an argument turned violent. The suspect is identified as 28-year-old Hamze Abdi Ahmed, a black male with a slim build who stands 5' 10". The victim, a 39-year-old man, is in serious condition.

EMMA JACKSON/METRO

POLICE

Ex-music teacher faces sexual assault charges

Joe Lofaro
Metro | Ottawa

A Brampton, Ont. man who police say taught private music lessons in Ottawa is facing sexual assault charges after he allegedly inappropriately touched two of his students.

Police say they opened an investigation in May of this year after a complainant came forward with the allegations, which led to a second victim being identified.

The incidents took place between 2012 and 2016 while the man taught music at a private studio in Ottawa, according to police. Investigators with the Sexual Assault and Child Abuse (SACA) unit are concerned there could be more victims.

Jose Hernandez, 70, was charged with one count of sexual assault on July 19 and later charged with another count of sexual assault on Tuesday.

The accused will appear in court on Aug. 30.

Man's bid to reduce sentence denied

COURTS

Judge quashes attempt to limit jail time

Joe Lofaro
Metro | Ottawa

An Ottawa man who launched a constitutional challenge against a mandatory minimum sentence for firing four gunshots on a residential Carlington Street has lost his fight and must serve more than five years behind bars.

Before Abdi Rashid Mohamed, 27, stashed his gun in his girlfriend's apartment, he went on a "shooting spree" in front of a woman walking her dog and other bystanders shortly before 7 a.m. on Jan. 31, 2015, wrote Ontario Court Justice Robert Wadden in his Aug. 11 ruling.

Mohamed was convicted of multiple firearms offences, including discharge of a firearm, careless use of a firearm. However, his lawyer, Richard Addelman, told Metro he is appealing the conviction on the basis of there being "weaknesses" in the identification evidence at trial.

Mohamed has prior convictions, including armed robbery in 2010 and obstructing a peace officer in 2014. The Criminal Code states the minimum sentence is seven years for anyone convicted of discharging a firearm if it's a second offence.

> "The sentence imposed today must seek to deter Mr. Mohamed from similar future conduct.
> Justice Robert Wadden

Addelman, who unsuccessfully challenged the sentence, argued in a Charter application the mandatory minimum sentence was "cruel and unusual punishment" and was "grossly disproportionate."

The defence also cited mitigating factors in the case: no one was injured and the gunshots were pointed to the air – not a person, building or vehicle.

Wadden denied the application and said he considered Mohamed's age and "the hope that he can rehabilitated" when he handed down a sentence of eight years. Since Mohamed is being credited for time already spent in jail, he will serve five years and eight months.

"The sentence imposed today must seek to deter Mr. Mohamed from similar future conduct," wrote Wadden. "It must also serve as a deterrence to anyone who may be in a similar position."

After a councillor warned the Prince of Wales bridge might be blocked, community members responded. HALEY RITCHIE / METRO

PETITION

Don't block bridge, local residents say

Haley Ritchie
Metro | Ottawa

Residents are worried about losing access to a "hidden gem" in the city after Coun. Jeff Leiper said the city was planning to spend more than $100,000 to permanently block access to the Prince of Wales bridge.

His warning has prompted a petition to keep the bridge open, and on Tuesday a group of teens visited the site for fear it could be their last chance to do so.

"It's disappointing because it's one of the only water spots around. Everyone has so much fun," said Rebecca Marsan, 17, who brought her mom and younger siblings to check out the bridge on Tuesday.

Teens aren't the only ones concerned about the future of the scenic spot.

"It's a hidden gem in Ottawa," said Dennis Van Staalduinen, who often brings his children along on walks across the bridge.

"Rather than investing the few million dollars it would take to bring it back up to scratch, we're talking about restricting access to it?

"It's just ridiculous to me. Worst-case scenario just leave it alone, don't block it off because people can make their own safety choices."

On Monday, the city responded to the controversy with a statement from general manager John Moser.

"It is the city's responsibility to manage public safety in that corridor," it reads.

"A gate option has been proposed as an option to further secure the site. Its appropriateness and its cost are currently under review."

Leiper called the vague wording an "encouraging direction" compared to his previous conversations with city staff.

ENVIRONMENTAL DAMAGE

Heavy rain prompts raw sewage spill in river

Nearly 173,000 cubic metres of raw sewage landed in the Ottawa River after Saturday's heavy rainfall. nearly equalling all the sewage spills combined in 2015.

The 2016 season, however, seems to be going down the toilet with more than 420,000 cubic metres already logged.

Still, the city has made headway since 2009 when it passed its Ottawa River Action Plan. At the time, the city was dumping around 850,000 cubic metres of sewage each year. EMMA JACKSON/METRO

5GB of Snappuccino.

Special Offer

True mobile freedom is 5GB of data on our home network, plus unlimited Canada-wide talk and global text. Offer ends soon.

$35/mo for 10 months

windmobile.ca

true mobile freedom

WIND

Learn more at windmobile.ca. Offer valid from August 16 to October 3, 2016, and is subject to change without notice. To be eligible for the $50 bonus, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of at least $40. A $5 monthly credit will be applied to your account for up to 10 months to a maximum of $50. For Pay Before customers, the top-up will be applied on the second bill after activation. May not be combined with any other in-market offer, with some exceptions. All services subject to WIND's Terms of Service, Fair Usage and Internet Traffic Management Policies. Applicable taxes extra. Samsung and Samsung Galaxy S7 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

The zom-bees in B.C.'s back yards

Wanyee Li
Metro | Vancouver

Zombie bees are a beekeeper's worse nightmare and this summer they have been spotted for the first time in Canada in Nanaimo, B.C.

Sarah Wallbank had just started her honeybee hive in her backyard three months ago when she noticed a few bees acting strangely — they were buzzing around a nearby light after dark.

"They were quite frantic about the way they were flying into the light so I didn't think that was normal."

Wallbank built a light trap to collect the disoriented bees, which consisted of putting an LED lightbulb in a bucket and setting it down near the hive.

She collected 16 dead bees in one night. She put them in jars and sure enough, after a week, 42 maggots emerged from the bees' dead bodies — Wallbank's hive was infected with zombie bees.

The parasite responsible for putting the bees into a zombie-like state and eventually killing them is called the phorid fly.

It lays its eggs in bees and when the eggs hatch, larvae attack their host's brains, causing the bees to act disoriented, according to John Hafernik, a biology professor at San Francisco State University. Meanwhile, the larvae eat the bee's insides for about a week until they are ready to emerge and turn into flies.

The phorid fly traditionally targets bumblebees and various kinds of wasps but six years ago, Hafernik discovered the fly can lay its eggs in honeybees, too.

Honeybees are already under threat in North America due to mites, viruses, fungal diseases, and pesticides, said Hafernik.

If too many worker bees are infected with this parasite, the whole hive can collapse, he said.

Hafernik started a citizen science project called Zombee Watch four years ago where people are asked to send in photos or samples of zombie bees to the university.

The phenomenon had only been recorded in parts of the U.S. but thanks to Wallbank's discovery in July, scientists now know the fly is attacking honeybees further north as well.

A phorid fly larva emerges from its dead host, a honeybee, after attacking the bee's brain and eating its insides.
SAN FRANCISCO STATE UNIVERSITY/CONTRIBUTED

TERROR THREAT

Liberties and security must be balanced: PM

An alleged terrorist plot in Ontario that created anxieties over police monitoring of suspects hasn't shaken Prime Minister Justin Trudeau's emphasis on balancing civil liberties with public safety.

In his first reaction to an alleged plot that led to the death of Aaron Driver in Strathroy, Ont., Trudeau said Tuesday that balancing individual rights with keeping Canadians secure from bombing threats has to be handled with care.

"Canada is a country that values its freedom (and) its basic charter rights," he said during a stop in Bridgetown, N.S., for an infrastructure funding announcement.

"All Canadians expect their government to do two things: to keep Canadians safe and to defend and uphold the values and rights that all Canadians hold dear."

"Getting that balance right isn't always easy in the challenging situation we now live in but it's extremely important."

Last week, the RCMP fielded media questions about why it was the FBI and not the Mounties who discovered a video that led them to Driver, who police said had threatened to detonate an explosive in an urban centre.

Driver died Wednesday night after a confrontation with police that saw a bomb detonated in a taxi cab. Police have said he made a martyrdom video describing his plan. THE CANADIAN PRESS

Sayisi Dene participate in a church service around the Duck Lake post in northern Manitoba in 1947. The federal apology for the forced relocation comes with a $33.6-million settlement package. HUDSON'S BAY COMPANY ARCHIVES VIA TORSTAR NEWS SERVICE

60 years later, Sayisi Dene get federal apology

INDIGENOUS AFFAIRS

Government forcibly relocated First Nations group

The federal government has formally apologized and provided compensation for the forced relocation of a First Nations community in northern Manitoba 60 years ago.

Indigenous and Northern Affairs Minister Carolyn Bennett visited the Sayisi Dene on Tuesday to apologize for the 1956 move that led to hunger, violence and death.

"Without proper consultation, without explanation and without adequate planning, the federal government took your people from the land and the waters that sustained you," Bennett said in prepared remarks.

"The government of Canada did not provide proper food, shelter or support following the relocation. Decades later, we recognize that the impacts of the relocation were catastrophic."

About 250 Sayisi Dene were forced out of Duck Lake to a barren area near Churchill, partly because the Manitoba government believed they were causing a steep decline in the caribou herd — an idea later proven untrue.

In the new location, food was scarce and housing inadequate. The Dene were forced to scavenge the dump and were assaulted by Churchill residents.

About one-third of the relocated Dene died "as a result of poverty, racism and violence," the Manitoba government said in a 2010 apology for its role.

Chief Ernest Bussidor, who was born one month before the relocation, said many have suffered post-traumatic stress.

"I probably witnessed a lot more tragic events than I should have ... and most of us of that generation have that same notion," Bussidor said Monday.

"A lot of children died. That kind of stuff never leaves you. ... People freezing to death, fires, you name it," Bussidor recalled.

In 1973, the Sayisi Dene moved back to their traditional territory at Tadoule Lake.

"It is unbearable to consider what you lost during the years in Churchill," Bennett said.
THE CANADIAN PRESS

FUNDS

The federal apology comes with a $33.6-million settlement package, aimed partly at economic development, which was approved by the community three years ago.

WILDFIRE

Fort McMurray victims facing sleepless nights

Genevieve Belleville is struck most about the many Fort McMurray residents who are having nightmares and trouble sleeping.

The psychology professor at Laval University in Quebec City is heading a mental-health study of people from the northern Alberta city who were forced to flee a voracious wildfire in May.

Two of her research assistants were returning Tuesday after spending three weeks in the community. They conducted clinical interviews with about 50 residents and another 300 people completed an online questionnaire.

Analysis is to begin soon on whether some are suffering from post-traumatic stress disorder, Belleville said. A preliminary look at the data shows many in the group aren't sleeping well.

"They also have very painful memories," said Belleville. "Some of them have moved, don't want to go back to Fort McMurray because it's too painful to see the aftermath of the fire."

Symptoms of PTSD include intrusive memories, negative feelings and emotional reactions, such as trouble sleeping. Most signs are just normal reactions to an abnormal event, said Belleville.

"If the symptoms persist for more than one month, then we can talk about PTSD. Before that, it cannot be considered a disorder."

The study will also assess whether the residents have depression, anxiety and substance abuse problems, she said.
THE CANADIAN PRESS

80,000

More than 80,000 people were forced to leave their homes when the wildfire roared through and destroyed 2,400 homes and buildings. The evacuation for some included a panicky, slow-moving drive out of the smoke-filled city as nearby trees went up in flames.

LAST DAY TO BID

metroauctions.ca

MENUS & VENUES

AUCTION

AUGUST 15–17

Metroauctions.ca **BID NOW** on great deals for your favourite restaurants, venues, and places to stay!

Natural Direct
Foods, Water & Air

Earth broiling to record highs

WEATHER

July 2016 was the hottest in recorded history

Earth just broiled to its hottest month in recorded history, according to NASA.

Even after the fading of a strong El Nino, which spikes global temperatures on top of man-made climate change, July burst global temperature records.

NASA calculated that July 2016 was 1.51 degrees Fahrenheit (0.84 degrees Celsius) warmer than the 1950-1980 global average. That's much hotter than the previous hotter months, about 0.18 degrees warmer than the previous record of July 2011 and July 2015, which were so close they were said to be in a tie for the hottest month on record, said NASA chief climate scientist Gavin Schmidt.

Scientists blame mostly man-made climate change from the burning of fossil fuel with an extra jump from the now-gone El Nino, which every few years is a natural warming of parts of the Pacific Ocean that changes weather worldwide.

Georgia Tech climate scientist Kim Cobb said this is significant "because global temperatures continue to warm even as a record-breaking El Nino event has finally released its grip."

This is the 10th record hot month in a row, according to NASA. The National Oceanic and Atmospheric Administration, which calculates temperatures slightly differently, will come out with its July figures on Wednesday. NOAA has figured there have been 14 monthly heat records broken in a row, before July.

"The scary thing is that we are moving into an era where it will be a surprise when each new month or year isn't one of the hottest on record," said Chris Field, a climate scientist at the Carnegie Institution and Stanford University.

This new record and all the records that have been broken recently years tell one cohesive story, said Schmidt, director of NASA's Goddard Institute for Space Studies: "The planet is getting warmer. It's important for what it tells us about the future." THE ASSOCIATED PRESS

WEATHER

NASA's five hottest months on record are

- July 2016
- July 2011
- July 2015
- July 2009
- August 2014

Only July 2015 was during an El Nino.

With so many questions swirling about the huge price tag on stadiums for South America's first Olympics, renowned chef Massimo Bottura wanted to make his own statement about the Games' sustainability. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Renowned chef feeds homeless in Rio with excess Olympic food

> We want to rebuild the dignity of the people. Massimo Bottura

Twelve hours ago, Fagner Dos Santos ate his last meal: two hardened bread buns and coffee. For much of the past decade, the 33-year-old has been battling drug addiction while living on the streets of Rio. When he eats at all, it's usually at a grungy soup kitchen or after picking through the trash.

Now he and some 70 other homeless men are feasting on a three-course meal courtesy of one of the world's top chefs.

The gastronomic destination is the brainchild of Italian master chef Massimo Bottura. Using leftover ingredients from Olympic caterers and other local partners, Bottura created a gourmet soup kitchen, Refettorio Gastromotiva, that has been serving up meals to Rio's homeless population.

With questions swirling over the $12-billion price tag of South America's first Olympics, Bottura wanted to make a statement about the games' sustainability by taking on one symbol of Olympic waste: the more than 230 tons of food supplied daily to prepare 60,000 meals for athletes, coach and staff.

"This is a cultural project, not a charity," said Bottura, who runs the Michelin three-star Osteria Francescana in Modena. "We want to rebuild the dignity of the people."

It's a message that resonates in Rio.

As Brazil plunged into its deepest recession in decades, the city's homeless population has struggled. In June, facing a financial calamity, Rio's state government had to close or cut back service at 16 meal centres. But in contrast to the government-run centres, the Refettorio is an epicurean's delight, with designer wood tables, oversized photos of the staff by French artist JR and a mural of the Last Supper in chocolate. THE ASSOCIATED PRESS

ALGONQUIN COLLEGE | Language Institute
ADVANCE YOUR CAREER WITH
OCCUPATION-SPECIFIC LANGUAGE TRAINING (OSLT)
Algonquin College offers FREE Occupation-specific Language Training (OSLT) for newcomers.
Sign-up today for one of our information sessions or visit us at:
algonquincollege.com/OSLT
Funded by: Immigration, Refugees and Citizenship Canada
Financé par : Immigration, Réfugiés et Citoyenneté Canada
OSLT
FLAP

MIDEARTH TRAVEL
738 Bronson Ave. 613-236-5226
224-6 Hunt Club Rd. 613-236-2323
www.midearth.ca

NEW YORK CITY FUN
NYC - Woodbury
Departure: Aug 20, Sept 3 and more
3-day from $179
NYC - Washington DC - Philadelphia
Departure: Aug 20, Sept 3 and more
4-day from $229

TORONTO – BRUCE PENINSULA – NIAGARA FALLS
1000 Island Cruise, Toronto, Bruce Peninsula, Flowerpot Island, Niagara Falls
Saturdays departure
2-day from $119 *3-day from* $179

FALLS COLOURS
Discover the beauty of maple leaves in Mont Tremblant / Algonquin Park
Departure: Sept. 17,18,24,25 Oct. 1,2,8,9
1-day from $48

QUEBEC CITY & WHALE WATCHING
Quebec City, Montreal, Charlevoix, Whale Watching. Saturday departures
2-day from $129 *3-day from* $179

BOSTON – RHODE ISLAND
Departure: Sept. 3 *3-day from* $179

All including Bus Transportation and Hotel Accommodation

metro VIEWS
Your essential daily news
Wednesday, August 17, 2016

ROSEMARY WESTWOOD
ON RECONSIDERING WHITENESS

Feeling uncomfortable. Feeling left out. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen.

In retrospect, this could be viewed as the year of recalcitrant whiteness.

It's evident most noisily in America. A conversation fuelled by police killings of black Americans cross-bred with the Republican Party's typical play for white Christian votes, and under the toxic orange glow of Donald Trump, mutated into an ungainly, vitriolic, spitting monster.

It's evident here, too. Black Lives Matter organizers drew the ire of Canadians who imagined we'd somehow escaped the U.S.'s anti-black bias; the Missing and Murdered Women and Girls inquiry underlines the extreme violence white women just don't see; the killing of an indigenous man by a white farmer in Saskatchewan sparked racial tensions in that province into flame.

I also feel it in myself.

I was raised in Victoria, a city I've long imagined could be the whitest place in Canada. I grew up devoid of any sophisticated sense of race. The sprinkling of diversity in my schools went largely unnoticed, as innocuous as the odd birch in a forest of cedar. Equality among us was assumed, as was our Canadian immigrant identities and their neutral impact on the country. In one junior-high social studies class we were directed to research how and when our families came to Canada. Perhaps you can guess this: There were no indigenous pupils in the class.

This year, more than any, has troubled my sense of whiteness. Frequent criticisms of my "white feminism" have revealed weaknesses in my politics. Covering Toronto's Black Lives Matter protests underlined how uniform and narrow white Canadian media analysis can be, and forced me to question what I do and do not have any business writing about. This year's suicide crises on indigenous reserves drew both horror at the suffering and cynical suggestions that indigenous Canadians bring all ills upon themselves. And since conditions on reserves don't change between one suicide crisis and the next, both responses can be read as expressions of white privilege.

The thing about contemplating one's whiteness in 2016 is that it's supposed to hurt.

WHAT'S YOUR POINT? A protester brandishes an "All lives matter" sign at a Black Lives Matter rally in Panama City, Fla., in July. Social movements in Canada and the U.S. are forcing white people to think of themselves in new ways. AP

White privilege. I don't use that term lightly. And I realize it's likely to blow the skull of any white person who's sick and tired of being called white as if it's a bad thing. They've likely already stopped reading, but I will address them on the off chance they're still around: The fact that you are deeply upset proves the problem. The thing about contemplating one's whiteness in 2016 is that, for perhaps the first time in centuries, it's supposed to hurt. Feeling uncomfortable. Feeling left out of the conversation. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen. This is what it feels like to no longer be the sole centre of attention. This is what it feels like to be rightly accused of dominating the country on morally shaky ground. In the colonial beginning, there was racism. It was at the root of residential schools, early immigration practices, early slavery laws. Despite our best efforts to pretend otherwise, that racism endures.

I don't want to be called a bigot either. I don't want to be told my country is, among other wonderful things, dyed with discrimination. Who does? But bias has been built into this nation, and we all exist on its spectrum. Internally, too, we are all biased. And the worst thing any of us could do is pretend otherwise.

People living in Saskatchewan this week don't have that luxury. On Sunday Brad Wall, the province's premier, in the kind of aspirational sentiment common to our politics, said that "racism has no place in Saskatchewan" before explaining exactly what place it does hold. "In the wake of a shooting near Biggar, there have been racist and hate-filled comments on social media and other forums," he said in a statement.

In comments to the StarPhoenix newspaper, one woman expressed her support for the alleged shooter, saying, "Nobody should have died, but we knew it was going to come to this. Things are out of control." Who is "we"? What is "it"? And why did "it" have to end in a shooting? What, exactly, is "out of control"?

It's a question that also applies to the U.S., to Trump's campaign, to his cult-like supporters. And some fairly convincing answers can be found in a new book. In The End of White Christian America, the religion researcher and pollster Robert P. Jones traces white Protestant Americans' "waning cultural influence" and the ensuing anxieties and fears that run so deep, even a 2014 Coke ad about America's diversity was a "provocative act." As Jones elaborated in a New York Times op-ed: "The apocalyptic rhetoric is fueled by energies that are unleashed when a long-dominant group senses the looming end of its era."

Do not think that those apocalyptic and xenophobic sentiments belong only to America. I have heard them myself, and never more loudly than this year: white people are the most discriminated against, white Christian faith is under attack. These are the feelings of those who sense a slipping grip on power, and who have not yet imagined in what ways that might be a good thing.

Grits' holistic anti-terror aims traceable to Harper

Paul Wells

So far on terrorism, Justin Trudeau is more or less the prime minister Stephen Harper told us he would be.

On the very day Trudeau became leader of the Liberal Party of Canada, in April 2013, he sat in Ottawa for an interview with Peter Mansbridge of the CBC. Two bombers had just detonated their home-brew contraptions at the Boston Marathon, killing three and wounding hundreds.

How would you respond if you were PM, Mansbridge asked. "Over the coming days," Trudeau replied, "we have to look at the root causes."

That language seemed designed to ruffle Conservative feathers. But Trudeau was not done. "There is no question that this happened because there is someone who feels completely excluded. …. And our approach has to be, where do those tensions come from?"

That was all Stephen Harper needed. In London he told reporters: "When you see this kind of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes. You condemn it categorically."

A week later, Harper piled on. "This is not a time to commit sociology, if I can use an expression. ... I don't think we want to convey any view to the Canadian public other than our utter condemnation of this kind of violence."

Two years later Trudeau won the election. Last week the RCMP shot and killed Aaron Driver in Strathroy, Ont., and we have had a chance to see how Trudeau handles terrorism.

To a great extent, in any public sense, he doesn't. It's Ralph Goodale, his minister of public safety who has been the government's face in the aftermath of Strathroy. Nevertheless, it's striking how much time Goodale has spent talking about sociology.

In a long weekend news release, Goodale first reassured Canadians that the police had done their job well and that Canada's threat level is no higher than it has been for a year and a half. Then: "We need to know how to identify those who could be vulnerable to insidious influences that draw certain people — especially young people — toward extremism leading to violence.

"We need to understand what positive messages can counteract that poison."

Inconveniently for fans of political caricature, the academic work into counter-radicalization that turns Goodale's Liberal crank is already well begun — thanks to Stephen Harper.

In June 2011, Harper announced the Kanishka Project, a $10-million research program on terrorism. Work funded by the Kanishka Project included the Canadian Network for Research on Terrorism, Security and Society, whose co-director, Lorne Dawson, has said "the actual research has consistently shown that sociology is the better way to go."

Harper low-bridged the sociology while playing up the law and order, but he did both. Trudeau reverses the emphasis, but he does both.

Sociology offers no guarantees. Utter condemnation didn't either. Trudeau's record on terror will be told over four years at least. But his way is no accident. His government's behaviour this week is in a straight line from those remarks he made in 2013.

Paul Wells is a national politics columnist for the Toronto Star.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Wednesday, August 17, 2016

In her book released Tuesday, Amy Schumer writes she experienced "slut-shaming" while doing press for Trainwreck. "Maybe it was just a cultural thing that made the foreign journalists seem out of line. Some interviewers brought this vibe: 'Well, you talk about sexual subject matter in your movie, so I can say anything I want to you."

It's time for a ramen revolution

INTERVIEW

New cookbook aims to help students save money, eat better

Yvette d'Entremont
Metro | Halifax

Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hotdogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing title World Food For Student Cooks, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients.

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of Canada's most multicultural cities, including Toronto and Ottawa.

"Canada is definitely a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger generation.

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said.

"There is a good mix, from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

World Food For Student Cooks retails for $16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing Krista McLellan

Halifax dietician Krista McLellan has created a cookbook for students featuring flavours of the world. One of the dishes, Simple Sesame Chicken, is seen left. ZANE WOODFORD/METRO; HANDOUT

FREE GATE ADMISSION
THE CAPITAL FAIR SINCE 1975
THE MOST FUN YOU'LL HAVE ALL YEAR!
AUGUST 19 TO 28, 2016
OTTAWA'S LARGEST MIDWAY
MONSTER TRUCKS
LIVE ENTERTAINMENT
KIDS BIG TENT
STUNT DOG SHOWS
AND MORE!
FOR A LIMITED TIME* MIDWAY ALL ACCESS PASSES ARE ONLY $19.99
(REGULARLY $38)
AVAILABLE ONLINE AND AT QUICKIE CONVENIENCE STORES
Rideau Carleton Entertainment Centre
4837 ALBION ROAD
CAPITALFAIR.CA
Details subject to change without notice. * Tickets valid for one day only

Jackfruit: Big, bad and delish

RECIPE

Don't be afraid of this spiky fruit, cook it in a curry instead

This spicy jackfruit rice bowl serves four. TORSTAR NEWS SERVICE

We interrupt our local season to bring you one of the world's biggest, baddest-looking fruits, which happens to be right at home in this tropical weather.

Whole Foods Market produce buyer Stuart Coleman fell in love with them 20 years ago in his native Australia.

Long and slightly kidney-shaped, armed with brown-yellow spikes and weighing up to 40 kilos each, they're impossible to miss.

Though they share the same spikes as a durian, jackfruit doesn't smell like a hockey bag. Instead, it gives off a mild fragrance somewhere between banana and pineapple.

It may even have inspired Juicy Fruit gum! "The first time I had jackfruit I couldn't believe it, it tasted just like caramel it was that sweet," says Coleman, who's noticed a spike in sales since he began selling the weird fruit regularly in his Ontario stores.

It seems jackfruit is popular with vegans, who find its slightly rubbery texture and exotic flavour makes a satisfying meat substitute.

The monster fruit also resonates with the Whole Foods buyer with its sustainability factor.

Coleman says jackfruit can be eaten green or ripe, the wood from its tree contains a natural dye and the seeds can be roasted and eaten like nuts, made into chips or dried and ground into flour.

Since the Mexican fruit he's trucking in at the moment weighs between 23 and 29 pounds (10-13 kg), he's cutting it into "grab and go" slices.

Coleman does admit the fruit still requires "a bit of maintenance" when you get it home.

Spicy Jackfruit Rice Bowl

Though jackfruit is fun to eat raw, it takes on a whole new dimension when cooked in this Whole Foods recipe. If you don't like spicy food, remove the seeds from the hot pepper before using.

Ingredients:

- 1 tbsp (15 mL) canola or vegetable oil
- 1 medium white or sweet onion, diced
- 4 cups seeded, diced fresh jackfruit *
- 1 serrano or jalapeño pepper, diced
- 1 1/2 tsp (7 mL) chili powder
- 1 tsp (5 mL) salt
- 1/4 cup (60 mL) fresh orange juice
- 2 cups (500 mL) cooked brown rice
- 1/2 cup (125 mL) chopped fresh cilantro
- Garnish: lime wedges

Directions:

1. In a large skillet, heat oil over medium heat. Set aside one-third of the chopped onion for garnish; add remaining onion to skillet and cook, stirring, until golden brown, about 6 minutes. Add jackfruit, serrano, chili powder and salt. Cook, stirring, for 1 minute. Add orange juice, cover and simmer, stirring frequently, until jackfruit is very tender, 20 to 30 minutes. Add water 1/4 cup (60 mL) at a time if mixture gets dry.

2. Divide rice among four bowls. Top with jackfruit, reserved onion and cilantro. Serve with lime wedges.

*You can also substitute fresh jackfruit with two 20-oz (590 mL) cans of drained and finely diced young green jackfruit. Just double the amount of orange juice to preserve the sweet-spicy flavour balance.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Popcorn

Popcorn can be a healthy light snack or one loaded with calories, fat and sodium – choose wisely!

PICK THIS

Orville Redenbacher's Smart Pop Gourmet Popping Corn (5 cups)

Calories 100
Fat 1g
Sodium 110mg

SKIP THIS

Smartfood Popcorn (5 cups)

Calories 465
Fat 22g
Sodium 660mg

HERE'S WHY

Equivalent to Manchu Wok's Black Pepper Chicken in sodium.

There's nothing smart about Smartfood. The addition of excess vegetable oil, cheese and salt takes this from a natural healthy snack to a fat & salt-laden disaster. It's always better when you can control what goes on your food – pop the popcorn yourself by using the package microwavable packets. If you do want more flavour, just add some finely grated parmesan cheese and your favourite spices.

LIQUID ASSETS

Zin and ribs: A perfect pair

Few red grapes have as exotic a backstory as Zinfandel.

Originating in Croatia (where it goes by the tongue-twister of a name Crljenak Kaštelanski), it was christened Primitivo when it found its way to Italy and finally called Zinfandel after being introduced to California's vineyards in the early part of the 19th century.

When Cali's Sutter Home Winery discovered that limited exposure to the grape's dark skin gave its juice a people-pleasing pink hue, Zinfandel's reputation as a base for "serious" red wines seemed to be immutably damaged.

Slowly, but surely, Zin become America's red, even though its broad range of personalities (everything from chocolatey to spicy) can be polarizing.

While matching surprisingly well with a wide variety of dishes, Zinfandel is a natural mate with barbecued ribs, especially when they are lathered in sweet, saucy goodness.

The Michael David Winery loves a pun, and its 2013 The Seven Deadly Zins ($22.49-$24.99), with its dried red fruit and long trail of pepper spice, is rib-tastic.

PETER ROCKWELL/METRO

metroauctions.ca
MENUS & VENUES

Metroauctions.ca BID NOW GREAT ACCOMMODATIONS

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better.
metronews.ca/panel

TRAIN FOR A CAREER AS A
MEDICAL LAB TECHNICIAN
This program is designed to prepare you for a challenging career in a medical laboratory or medical clinic. Our program will train you to perform standard medical lab tests and ensures that you are prepared to successfully undertake the OSMT and/or the CSMLS exams.
CLASSES STARTING SOON
CONTACT US TODAY
613-722-7811

ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

AN EVENT SO GOOD IT DESERVES AN ENCORE.

CANADA WIDE CLEARANCE EXTENDED

4G LTE Wi-Fi

ALL-NEW 2016 MALIBU HYBRID

0% PURCHASE FINANCING FOR **84** MONTHS[1]

+ **$1,000** TOTAL CREDIT[3]
(INCLUDES $500 GM CARD APPLICATION BONUS)

CHEVROLET.CA / FIND NEW ROADS`

CHEVROLET

DON'T MISS OUT ON THE COUNTRY'S HOTTEST DEALS. OFFER ENDS AUGUST 31ST.

4G LTE Wi-Fi

ALL-NEW CRUZE LT AIR & AUTO CONVENIENCE

LEASE **$104** BI-WEEKLY, THAT'S LIKE:

$52 WEEKLY @ **0%** APR FOR **48** MONTHS▼

$1,050 DOWN PAYMENT. $0 SECURITY DEPOSIT. TAXES NOT INCLUDED. INCLUDES FREIGHT, PDI, LEVIES, $1,000 CREDIT* & $500 GM CARD APPLICATION BONUS.[2]

4G LTE Wi-Fi

2016 TRAX LTZ FWD

0% PURCHASE FINANCING FOR **84** MONTHS[1]

+ **$3,250** TOTAL CREDIT[3]
(INCLUDES $500 GM CARD APPLICATION BONUS)

4G LTE Wi-Fi

2016 EQUINOX LTZ FWD

0% PURCHASE FINANCING FOR **84** MONTHS[1]

+ **$3,500** TOTAL CREDIT[3]
(INCLUDES $750 GM CARD APPLICATION BONUS)

ALL NEW VEHICLES COME WITH:

CHEVROLET COMPLETE CARE

2 YEARS/48,000 KM COMPLIMENTARY OIL CHANGES**

5 YEARS/160,000 KM POWERTRAIN WARRANTY*

5 YEARS/160,000 KM ROADSIDE ASSISTANCE*

APPLY FOR A GM CARD AND GET UP TO A $1,000 APPLICATION BONUS.[2]

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes or PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. 1 Offer available to qualified retail customers in Canada on select vehicles from August 3, 2016 – August 31, 2016. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on 2016 Sonic Hatchback RS Manual & Auto; Malibu Hybrid; Trax LTZ FWD; Equinox LTZ FWD; Traverse 2LT FWD; Silverado 1500 (Reg. Cab WT, LS; Double Cab WT, LS, Custom; Crew Cab WT, LS,) Silverado HD Gas (See below for exclusions); and for 60 months on: all Cruze Models; Camaro LLT Coupe/Convertible models; Colorado models excluding 2SA; and for 36 months on Corvette models except Z06 and Silverado HD Diesel (See below for exclusions). Other trims may have effective rates higher than 0%. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $30,000 at 0% APR, the monthly payment is $357.14 for 84 months. Cost of borrowing is $0, total obligation is $30,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. General Motors of Canada Company may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. **2** Offer applies to individuals who apply for a Scotiabank® GM® Visa* Card (GM Card) or current Scotiabank® GM® Visa* Cardholders. Credit valid towards the retail purchase or lease of one eligible 2016 model year Chevrolet/Buick/GMC/Cadillac delivered in Canada from August 3, 2016 – August 31, 2016. Credit is a manufacturer-to-consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on: Chevrolet Camaro, Sonic, Cruze, Cruze Limited, Malibu (excluding L model), Volt (including 2017 MY Volt) and Trax, Buick Verano and Encore; $750 credit available on: Chevrolet Impala, Equinox, Express, Traverse and Colorado (except 2SA), Suburban, Tahoe, Buick Regal, LaCrosse and Enclave, GMC Terrain, Acadia, and Canyon (except 2SA), Savana, Yukon, and Yukon XL; $1,000 credit available on: Chevrolet Silverado, Silverado HD, GMC Sierra, Sierra HD. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Company (GM Canada) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GM Canada dealer for details. GM Canada reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. **3** $1,000 is a combined credit consisting of $500 GM Card Application Bonus (tax inclusive) and $500 manufacturer-to-dealer credit (tax exclusive) for a 2016 Malibu (except L model). $3,250 is a combined credit consisting of $500 GM Card Application Bonus (tax inclusive) and $750 manufacturer-to-consumer credit (tax exclusive) and $2,000 manufacturer-to-dealer finance credit (tax inclusive) and is available for finance offers only and cannot be combined with special lease rates and cash purchase. $3,500 is a combined credit consisting of $750 GM Card Application Bonus (tax inclusive) and $750 manufacturer-to-consumer credit (tax exclusive), and $2,000 manufacturer-to-dealer finance credit (tax inclusive) and is available for finance offers only and cannot be combined with special lease rates and cash purchase. ▼Based on a 48 month lease for 2016 Chevrolet Cruze LT Auto LSD+6K5. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $1,050 and/or $0 security deposit is required. Total obligation is $11,821. Option to purchase at lease end is $10,076. Excess wear and tear and km charges not included. Other lease options are available. 1/2/3/▼/***Freight & PDI ($1,650/$1,600/$1,700/$1,700), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2016 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GM Canada may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2016 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 48,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. GM Canada reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details.

metro WHEELS
Your essential daily news

Prince WIlliam's Range Rover that he drove Prince George home in is up for auction

LaCrosse wants to shake stigma

ALL PHOTOS JIM FETS

REVIEW

Buick overhauls image with good looks

Dan Ilika
AutoGuide.com

You'd be forgiven if Buick wasn't the first brand to spring to mind when thinking about luxury vehicles.

That is something Buick hopes to change — and soon. It's already got some momentum going, with the Cascada convertible in the U.S. and Envision midsize crossover signalling the start of an aggressive rollout that will see seven new or refreshed products hit showrooms by 2018. But there may be none more important than the 2017 Buick LaCrosse.

It's no secret that Buick is overhauling its image in an attempt to shed the stigma, at least in North America, of serving society's senior citizenry. To do so starts with good looks, something the new LaCrosse has in spades.

It begins with a new grille design that scales back the toothy grin of old for a more refined shape. The grille is also where the LaCrosse's character lines begin and end, tracing all the way around the full-size sedan to accent its sleeker, elongated proportions. The car itself is only 15 millimetres longer and 10 millimetres wider than the outgoing version, but has a stance that would lead you to believe otherwise.

The LaCrosse's exterior overhaul was about more than just a new form, though, with a host of changes made to improve its overall function. The car weighs 136 kilograms — about the weight of a side-by-side refrigerator — less than the last generation thanks to the expanded use of high-strength steel, while outward visibility has been vastly improved thanks to narrower A- and C-pillars.

It's hard to convey an upmarket appearance when so much of a car's interior carries over from more mainstream models, a problem that isn't unique to General Motors, but one that has plagued the automaker for years. Designers set out to change that in the 2017 LaCrosse, with little of the car's interior shared with anything else in GM's vast portfolio.

The new engine features idle-stop technology and cylinder deactivation to reduce emissions and improve fuel economy. That means the engine automatically shuts off when the car is stopped, and only runs on four cylinders when cruising at highway speeds. Power delivery is smooth if a little slow at times, while the idle-stop and cylinder deactivation systems work impeccably well, and go virtually unnoticed.

Put the whole package together, and the LaCrosse handles long trips with ease, gobbling up bumps as eagerly is it carves a corner and does it with style. It's not as sporty as the turbocharged Buick Regal, but it's composed and capable of providing at least some level of engagement.

THE CHECKLIST | 2017 BUICK LACROSSE

THE BASICS

Engine: 3.6L V6
Power: 309 hp, 37 kg-m
Transmission: Eight-speed automatic
Fuel Economy (L/100 km): 11.8 city, 8.1 hwy (AWD)
Price: Starts at $35,445 (before freight)

LOVE IT

- Handsome design
- Cabin quietness
- Dual-clutch AWD system

LEAVE IT

- Lack of LED headlights
- Safety feature availability
- Rear seat headroom

TRENDS

How the gaming industry is making driving more fun

Sami Haj-Assaad
AutoGuide.com

Imagine if cars were just made for transportation duties. All we would see on the roads are boring boxes on wheels. Fortunately, that's not the world we live in, and car designers have made sure that our cars are fun.

That fun can be found in the exterior appearance, the performance and the handling, but automakers are also putting in little games into cars to help lighten up the load of driving and make it more entertaining. For example, the Nissan GT-R's central display screen features graphics and visuals designed by the same team behind Gran Turismo for Playstation. Here's a look at what some other companies are doing:

Veloster Blue Max game

Many cars are using games to encourage drivers to be more fuel efficient. Hyundai and the earlier iteration of the Veloster had one of the more interesting applications, as there's a hidden game in the settings that awards points to efficient drivers. Actions like coasting, changing into the correct gear at the right time, and accelerating and braking smoothly would all net points.

Corvette performance data recorder

A cool feature in racing games is the ability to record your lap times and compete against them. Corvettes are starting to incorporate some of that idea with the available Performance DataRecorder, or PDR.

Vision Gran Turismo

If you need any more proof that the world of cars and video games are converging, take a look at the Vision Gran Turismo program. Automakers are creating awesome concepts for the Gran Turismo video game, then making them into real things to display at auto shows and other events.

Some automakers are even using the Vision GT concepts to influence their real cars. This is the path that Bugatti took with their new Chiron hypercar.

The Nissan Concept 2020 Vision Gran Turismo. AZUHIRO NOGIKAZUHIRO NOGI/AFP/GETTY IMAGES

‘Race of Champions’ heads to Manitoba

LAKE WINNIPEG

Winter sport driving coming to Canada

Previously only offered in Sweden, the AMG Winter Sporting Driving Academy is heading to Canada. Enthusiasts will be able to experience a selection of AMG models on the icy surface of Lake Winnipeg in Gimli, Man. During the program, Lake Winnipeg will be transformed into what AMG calls an “uncompromising, frozen terrain where adrenaline-charged curves and apexes modelled from world-famous racetracks will be recreated in milled ice.” Participants will gain valuable experience with controlled driving safety and dynamics that will culminate in a “Race of Champions.” JASON SIU/AUTOGUIDE.COM

SELF-DRIVING

Tesla may go fully auto

The next-generation Tesla Autopilot will receive upgrades in the hardware department. According to a report, Tesla Autopilot 2.0 will feature new hardware that includes a new sensor suite to enable level 3 autonomous driving, and potentially level 4 fully autonomous driving.

JASON SIU/AUTOGUIDE.COM

DEPRECIATION

Colour boosts car’s resale value: Study

When it comes to a car’s resale value, brighter and more unusual shades like orange and yellow actually hold their value better, a new study says. And before you think that’s because orange and yellow are typically reserved for luxury and exotic vehicles, the two shades had the least depreciation across virtually all body styles and market segments.

JASON SIU/AUTOGUIDE.COM

DESIGN FISKER GETS A REFRESH, NEW NAME

Fisker Karma reborn as Karma Revero

The new Revero from Karma Automotive, formerly known as Fisker Automotive, has been fully revealed. While it is being touted as a new car, the Revero is in reality a refreshed version of the Fisker Karma, launched back in 2011. Karma Automotive was created from the ashes of bankrupt Fisker when the company was sold to China’s Wanxiang Group. Updates to the car include an improved solar roof for collecting energy, an all-new infotainment system and a set of handpainted badges. Karma didn’t reveal all of the details, though a count down on its website suggests that the car will be fully unveiled on Sept. 8. STEPHEN ELMER/AUTOGUIDE.COM

Ford
EMPLOYEE PRICING IS HERE
YOU PAY WHAT WE PAY*.
LEASE THE 2017
ESCAPE SE 4WD 201A
$146 EVERY 2 WEEKS
2.49% APR†
60 MONTHS
$1,995 DOWN
OFFER INCLUDES $1,790 IN FREIGHT AND AIR TAX
FEATURES:
· 1.5L ECOBOOST® ENGINE
· SYNC® 3* WITH SYNC CONNECT‡
· REVERSE SENSING SYSTEM‡
THAT'S LIKE $73 A WEEK**
Ryan, Ford of Canada, Manufacturing
PLUS, ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL $1,000* ON MOST 2016 AND 2017 FORD MODELS
COSTCO WHOLESALE
Get your Employee Price at findyourford.ca or visit your Ottawa Ford store.
IT'S EASY TO GET INTO A FORD
Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $798, fuel fill charge of up to $120 and applicable taxes, then drive away.

NISSAN REDLINE CLEAROUT

WITH HUGE CASH DISCOUNTS THESE 2016'S ARE GOING FASTER THAN EVER.

NISSAN

Innovation that excites

FEATURING

OUR BEST CLEAROUT CASH OFFERS ON ALL **2016** **ROGUE®** MODELS

SL AWD Premium model shown*

NOW GET

$2,000

BONUS CASH**

ON EVERY 2016 ROGUE

LEASE^ FROM $254 MONTHLY WITH $0 DOWN

THAT'S LIKE PAYING ONLY **$59**~/WK AT **0.99%** APR

ON 2016 ROGUE S FWD FOR 60 MONTHS

OR FINANCE† SELECT

ALTIMA®, SENTRA®, VERSA NOTE®

MODELS WITH

RATES AS LOW AS **0%** APR FOR UP TO **84** MONTHS

ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS!

VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER · **ENDS AUGUST 31ST**

Offers available from August 3-31, 2016. ~Payments cannot be made on a weekly basis, for advertising purposes only. †Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00)/Altima 2.5 (T4LG16 AA00)/Versa Note 1.6 S M5 (B5RG56 AA00). Selling price is $16,529/$25,879/$16,229 financed at 0%/0%/0% APR equals 84/84/84 monthly payments of $197/$308/$193 monthly for an 84/84/84 month term. $0/$0/$0 down payment required. Cost of borrowing is $0/$0/$0 for a total obligation of $16,529/$25,879/$16,229. $1,000/$0/$0 Finance Cash included in advertised offers. ^Representative monthly lease offer based on a new 2016 Rogue S FWD (Y6RG16 AA00). 0.99% lease APR for a 60 month term equals monthly payments of $254 with $0 down payment, and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,267. $2,000 Lease Cash included in advertised offer on Rogue S FWD (Y6RG16 AA00). **Bonus Cash discount of $2,000 will be deducted from the negotiated selling price before taxes and is applicable to customers who lease, finance or purchase any 2016 Rogue. Certain conditions apply. ▲Models shown $37,474/$24,329/$29,679/$21,479 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SL CVT (C4SG16 AA00)/2016 Altima 2.5 SR (T4NG16 AA00)/ 2016 Versa Note 1.6 SL CVT (B5TG16 AE00). ~*▲Freight and PDE charges ($1,795/$1,600/$1,750/$1,600) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

SUMMER CLEAROUT SALES EVENT

0%† FINANCING UP TO 84 MONTHS | UP TO $14,000◊ IN TOTAL DISCOUNTS

ANY MAKE, ANY MODEL **$1,500**¤ LEASE PULL AHEAD CASH
IN A CURRENT LEASE? GET $1,500 PULL AHEAD CASH ON ANY MAKE, ANY MODEL

HURRY IN. THESE OFFERS WON'T LAST LONG!

Starting From Price for 2016 Dodge Grand Caravan Crew shown: $29,985‡

2016 DODGE GRAND CARAVAN CANADA VALUE PACKAGE
CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 32 YEARS

LEASE FOR **$255** MONTHLY‡ @ **2.99%** FOR 36 MONTHS WITH $2,958 DOWN/ $500 SECURITY DEPOSIT

OR CHOOSE **0%** FINANCING† FOR 84 MONTHS ON MOST MODELS

STEP UP TO THE 2016 ULTIMATE FAMILY PACKAGE AND GET **$10,350** IN TOTAL DISCOUNTS€

2016 DODGE JOURNEY CANADA VALUE PACKAGE – CANADA'S FAVOURITE CROSSOVER^

FINANCE FOR ONLY **$124** BI-WEEKLY† @ **0%** FOR 84 MONTHS WITH $0 DOWN

STEP UP TO THE 2016 ULTIMATE FAMILY PACKAGE AND GET $4,200 IN TOTAL DISCOUNTS€

- Navigation and sound group
- Uconnect⁵ hands free
- Rear seat DVD

Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140‡

Starting From Price for 2016 Jeep Cherokee Trailhawk shown: $35,590‡

2016 JEEP CHEROKEE SPORT FWD – BEST-IN-CLASS CAPABILITY‡

LEASE FOR **$285** MONTHLY* @ **0%** FOR 39 MONTHS WITH $3,498 DOWN/ $500 SECURITY DEPOSIT

OR CHOOSE **0%** FINANCING† FOR 84 MONTHS ON MOST MODELS AND GET **$1,000 JEEP LOYALTY CASH*** ON MOST MODELS

2016 RAM 1500 QUAD CAB SXT 4X4

LEASE FOR **$225** MONTHLY* @ **5.49%** FOR 24 MONTHS WITH $3,298 DOWN/$500 SECURITY DEPOSIT

INCLUDES $12,000 IN TOTAL DISCOUNTS◊

OR CHOOSE GREAT OFFERS ON THE RAM 2500/3500 HEAVY DUTY GET TOTAL DISCOUNTS UP TO **$14,000**◊

Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: $42,135‡

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% OAC*

Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER DODGE Jeep RAM

SiriusXM DODGE Caravan Kids PROUD SPONSOR OF MINOR HOCKEY ACROSS CANADA

Wise customers read the fine print: †, ◊, ¤, ‡, €, ❖, ■, ➤, *, ∼, § The Summer Clearout Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after August 1, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 84 months available on select new 2016 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Dodge Journey Canada Value Package (22F) with a Purchase Price of $22,560 with a $0 down payment, financed at 0% for 84 months equals 182 bi-weekly payments of $124 with a cost of borrowing of $0 and a total obligation of $22,560. ◊$14,000 in Total Discounts is available on select new 2016 Ram HD 2500/3500 models and consists of $12,500 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. $12,000 in Total Discounts is available on new 2016 Ram 1500 models (excluding Reg Cab) and consists of $10,500 in Total Incentives and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. ¤Lease Loyalty/Conquest Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase or lease of select 2016 Chrysler, Dodge, Jeep, Ram or FIAT models at participating retailers. LIMITED TIME OFFER. Eligible customers are individuals who are currently leasing a Chrysler, Dodge, Jeep, Ram, FIAT, or competitive vehicle with an eligible lease contract in their name on or before August 1, 2016. Proof of Registration and/or Lease agreement will be required. Trade-in not required. Not combinable with Finance Pull-Ahead Bonus Cash and 1% Rate Reduction. See your retailer for complete details. ‡2.99% lease financing for up to 36 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $18,947 leased at 2.99% for 36 months with a $500 security deposit, $2,958 down payment and first month's payment due at lease inception equals 36 monthly payments of $255 with a cost of borrowing of $1,339.85 (including $60.25 PPSA registration) and a total obligation of $12,202.70. Kilometre allowance of 16,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. €$10,350 in Package Value available on the new 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $7,000 Consumer Cash Discount, $850 No Charge Uconnect Hands-Free Group and $2,500 Ultimate Family Package Savings. $4,200 in Package Value available on the new 2016 Dodge Journey SXT Ultimate Family Package model based on the following options: $500 Consumer Cash, $2,500 DVD Bonus Cash and No-Cost Options of $1,200. See your retailer for complete details. ❖0% lease financing for up to 39 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $23,587 leased at 0% for 39 months with a $500 security deposit, $3,498 down payment and first month's payment due at lease inception equals 39 monthly payments of $285 with a cost of borrowing of $0 and a total obligation of $14,675.65. Kilometre allowance of 16,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ■Jeep Loyalty/Conquest Bonus Cash up to $1,000 is available on the retail purchase/lease of 2016 Jeep Compass (excludes base 26D, 26G, 25D & 28D models), Patriot (excludes base 26D, 26G, 25D & 28D models), Cherokee (excludes all Sport models), Renegade or Grand Cherokee and is deducted from the negotiated price after taxes. Eligible customers include: Current owners/lessees of a Jeep or any other manufacturer's CUV or SUV. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before August 1, 2016. Proof of ownership/lease agreement will be required. Limit one bonus cash offer up to $1,000 per eligible transaction. Some conditions apply. See your retailer for complete details. ➤5.49% lease financing for up to 24 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Ram 1500 Quad Cab SXT 4x4 (25A) with a Purchase Price of $24,950 leased at 5.49% for 24 months with a $500 security deposit, $3,298 down payment and first month's payment due at lease inception equals 24 monthly payments of $225 with a cost of borrowing of $2,568.75 (including $60.25 PPSA registration) and a total obligation of $8,757. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. *Consumer Cash/Jeep Cash Discounts are deducted from the negotiated price before taxes. ∼Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ‡Based on 2014 WardsAuto Middle Cross Utility segmentation. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1st, 2015 for Crossover Segments as defined by FCA Canada Inc. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

metro RIO

"How much did they charge you bro??" Irish boxer Michael Conlan tweeted at Vladimir Putin after his questionable loss to Vladimir Nikitin

1 Canadian blur — Andre De Grasse of Markham, Ont., was the fastest man in qualifying for the 200 metres (20.09) on Tuesday. MARK BLINCH/COC/THE CANADIAN PRESS

2 Cushy landing — Christian Taylor of the U.S. won gold in the triple jump (17.86 metres). ANTONIN THUILLIER/AFP/GETTY IMAGES

3 Strong finish — Oakville, Ont.'s Adam van Koeverden won the consolation final of the men's single kayak 1,000 metres. BUDA MENDES/GETTY IMAGES

4 Clutch throws — Sandra Perkovic of Croatia escaped early elimination twice before producing last-ditch throws — the longest 69.21 metres — to win the women's discus. FRANCK FIFE/AFP/GETTY IMAGES

5 Swedes not sour — Sweden advanced to the gold-medal match in women's soccer by beating host Brazil 4-3 in a penalty shootout following a scoreless draw. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Canada lets one get away

RIO2016

Squandered chances enable Germany to secure medal

In the lead-up to Canada's Olympic semifinal match against Germany, John Herdman offered a forecast that turned out to be prophetic.

"There'll be one or two moments, and we'll take them or we won't," Herdman was saying.

He was talking about scoring chances.

"You don't get many moments against Germany," said Canada's coach. "They're that good."

Let the record show Canada had its moments to keep pace with the second-ranked team in the world on Tuesday at the Mineirao stadium. Germany was, indeed, that good in a 2-0 win, don't get it wrong. Taking advantage of two major absences in Canada's backline — the injured Allysha Chapman and suspended Josee Belanger — the Germans attacked and counter-attacked with speed and precision for much of the afternoon, building a 2-0 lead by the 59th minute.

The win vaulted them into Friday's gold-medal game against Sweden.

But Canada had its moments, too. Balls on feet with time and prime scoring space — there were too many to enumerate. A ball off the head of Kadeisha Buchanan around the 45th minute that had to be headed off the German line by Tabea Kemme — it would have equalized the match 1-1. Who knows how differently everything plays out if it had?

As it was, the most promising Olympic run in Canadian soccer history won't end in gold, or silver for that matter. Canada is off to Sao Paolo to play for bronze Friday. Thanks to a park-the-bus defensive masterpiece by Sweden in the other semifinal, wherein the No. 6 Swedes beat No. 8 Brazil on penalty kicks after Brazil owned the ball for 120-plus minutes, Canada's medal hopes will depend on a win over the tournament hosts.

"That was the opportunity to take a gold medal home to Canada," Herdman said after it was over. "We missed that. Sorry to Canada for missing that opportunity."

"It's going to hurt looking back at that video. Because we're going to see the chances we could have taken. Diana Matheson

No apology was necessary, but a guaranteed medal would have amounted to a significant achievement for a program that, prior to winning bronze in 2012, had failed to qualify for three of four Olympics and never finished better than fourth in the women's World Cup.

No one can say Canada's team should have played harder. They themselves said they should have played smarter.

"It's about precision," or occasional lack thereof, said veteran backliner Rhian Wilkinson.

Melanie Behringer converted a penalty in the first half and Sara Daebritz scored in the second half for the Germans. TORSTAR NEWS SERVICE

GETTY IMAGES

GOLF

Canucks honoured to be part of history

The return of golf to the Olympics after a 112-year absence dominated the talk around the sport last week when the men brought the game back to the Games.

But there is history, and then there is history, and Canadians Alena Sharp and Brooke Henderson truly are part of something special, among the first 60 women to compete in the sport in the Olympics.

"We're going to be in the history books … 50 or 100 years down the road we're going to be in the history books," Sharp said at a news conference Monday evening. "We're not thinking about that right now, but that's something cool to think about when we're a little bit older. I'm just honoured to be part of it, I'm really happy to be here and play in women's golf for the first time. I don't think words really describe how it feels."

Joining 58 other LPGA Tour pros, Henderson and Sharp see a chance to advance the cause of their game in front of a truly global audience. The LPGA certainly has its share of regular fans but the sheer worldwide scope of the Olympics is something else.

"Someone was just telling us that TV ratings for the men were awesome, through the roof, and that was really exciting to hear," said Henderson, ranked No. 3 in the world.

"We were playing a practice round when the men were just finishing up so we could hear the big roars and it was very exciting. It gave us, definitely me, chills." TORSTAR NEWS SERVICE

"It's going to set up great for us and I think we're all excited just to show the world what the LPGA is all about. Alena Sharp

RIO in brief

Biles wins floor exercise to capture fourth gold medal

Simone Biles closed her Rio Olympics with more gymnastics gold.

Biles won the floor exercise Tuesday for her fourth gold of the Games — only the fourth Olympic gymnast to do so.

She added a bronze in the balance beam Monday in what marked the first day of a Summer Olympics since 2008 the United States didn't win a gold medal. THE ASSOCIATED PRESS

Police find no evidence to prove robbery

Police investigating reports that American swimmer Ryan Lochte and three teammates were robbed at gunpoint so far have found no evidence supporting the account. Lochte insists he has been upfront about what happened. THE ASSOCIATED PRESS

Ryan Lochte GETTY IMAGES

metro SPORT

Olympic silver medallist Juan Martin del Potro will return to the U.S. Open for the first time in three years after receiving a wild-card invitation

Harrison angered to be investigated for doping

NFL

Steeler says he won't answer questions, does not want ban

Pittsburgh Steelers linebacker James Harrison doesn't want to face a suspension. He is also not interested in talking to NFL representatives, either.

The NFL's senior vice-president of labour policy and league affairs, Adolpho Birch, sent a letter Monday to the NFL Players Association detailing a plan to indefinitely suspend Harrison, Clay Matthews, Julius Peppers and Mike Neal if they don't speak with the league by Aug. 25 as part of its investigation into an alleged link to performance-enhancing drugs.

The players' punishment would end at the discretion of Commissioner Roger Goodell once interviews are completed, according to the letter obtained by The Associated Press.

Harrison said he isn't interested. "I'm not going to answer questions for every little thing that some Tom, Dick and Harry comes up with," Harrison said. "If that's the case, somebody can come out and say that James Harrison is a pedophile. (Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?"

Steelers linebacker James Harrison doesn't want to be investigated solely based on what he says is hearsay. JUSTIN K. ALLER/GETTY IMAGES

> **(Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?**
> Pittsburgh linebacker James Harrison

Harrison said he doesn't want to be suspended, but he is prepared to take the situation as far as New England Patriots' quarterback Tom Brady, who fought his four-game "Deflategate" suspension for 18 months — nearly to the U.S. Supreme Court — before deciding to no longer proceed with the legal process. His suspension begins next month.

"When it comes down to it, I want to play, but it's certain rules and things they need to go through that they didn't even go through just to start an investigation," Harrison said at training camp. Harrison said in June he would only agree to an interview if it were at his home and Goodell was present. He extended his invitation again on Tuesday.

"Like I said before, " Harrison said. "Come to my house. Bring Roger with you."

Harrison said he would "lean in the direction" of speaking with the league if the Steelers suggest an interview because he doesn't want to let his teammates and the organization down. "I'll have to deal with that when the time comes," Harrison said. Steelers coach Mike Tomlin said he is staying out of it.

"This has nothing to do with us," Tomlin said. "This is between him and the (NFLPA) and the league. I assume that he is going to do what he needs to do."

Goodell's power to punish players has been an increasingly difficult issue between the NFL and the union in recent years, highlighted by the Brady case and that of Vikings running back Adrian Peterson , who fought his suspension over allegations of child abuse. THE ASSOCIATED PRESS

ORIGIN

The NFL first notified the four players on Jan. 11 about the investigation into a report by Al-Jazeera including allegations made by Charlie Sly, who worked as an intern at an anti-aging clinic, about the use of PEDs by several athletes, including the four linebackers. Sly later recanted his claims.

Retired quarterback Peyton Manning was also cited in the report, but the NFL cleared him after a separate investigation in which the Broncos star granted interviews and provided all records sought by league investigators.

MLB

Cahill returns to boost the Cubs

John Lackey's right shoulder was still sore when he arrived at Wrigley Field. Trevor Cahill then proved the Chicago Cubs have options if they need another starting pitcher.

Cahill came off the disabled list to throw five innings of two-hit ball in his first start in nearly 16 months, and the Cubs beat the Milwaukee Brewers 4-0 Tuesday in the opener of a day-night doubleheader.

"He gave us something to talk about," manager Joe Maddon said. Lackey is nursing an injury that forced him to leave Sunday's start and will be pushed back until at least Saturday. Mike Montgomery followed Cahill and pitched two innings, Hector Rondon worked the eighth and Joe Smith walked two in the ninth before Aroldis Chapman got two outs to close a three-hitter.

Cahill (2-3) also drove in a run with a safety squeeze bunt, and the Cubs added runs on a wild pitch and Addison Russell's sacrifice fly off Matt Garza (4-5). Cahill allowed two walks and struck out Manny Pina with a runner on third to end the fifth on his 84th pitch.

"He had really good stuff," Maddon said. Chicago's Jason Hammel (12-5) was to face fellow right-hander Chase Anderson (7-10) in the second game. Cahill was a 2010 All-Star before consecutive 200-inning seasons with Oakland. But the right-hander struggled in Arizona, started three games for Atlanta in April last year, moved to the bullpen and was released before signing with Chicago.

He was a reliever until going on the disabled list with right knee tendinitis. But Cahill was stretched out in a rehab assignment and had good command in his first big league appearance since July 9. THE ASSOCIATED PRESS

Trevor Cahill. GETTY IMAGES

CFL

Calgary defensive pair sign for Riders

The Saskatchewan Roughriders acquired defensive backs Fred Bennett and Jeff Hecht from the Calgary Stampeders for two negotiation-list players Tuesday.

The six-foot-one, 197-pound Bennett is in his fifth CFL season. He had 166 tackles, 10 interceptions and seven forced fumbles in 73 regular-season games with Calgary.

The five-foot-nine, 205-pound Hecht, an Edmonton native, began his CFL career with Montreal in 2011 but was in his fifth season with Calgary. He accumulated 50 tackles and 37 special-team tackles in 73 regular-season contests with the Stampeders. THE CANADIAN PRESS

Fred Bennett GETTY IMAGES FILE

IN BRIEF

Aguero stars as City rout Bucharest in CL qualifier

Sergio Aguero hit a hat trick after failing to score from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of their Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage.

David Silva opened the scoring in the 13th-minute opener before new signing Nolito scored his first City goal in the Romanian capital. THE ASSOCIATED PRESS

SOCCER

Ex FIFA president Havelange passes

Joao Havelange, who as president of FIFA for two decades transformed soccer's governing body into a multibillion-dollar business and a hotbed for subsequent corruption that damaged its reputation, has died. He was 100.

Havelange, who was suffering from a respiratory infection, died early Tuesday while Rio de Janeiro was hosting the Olympic Games, according to the Samaritano Hospital.

In 2009, Havelange led off Rio's bid presentation to the International Olympic Committee in Copenhagen by inviting the members to vote to "join me in celebrating my 100th birthday"' at the 2016 Games in Brazil.

The Brazilian flag was lowered to half-staff at Olympic venues and the IOC said its "thoughts are with the family and loved ones" of Havelange. FIFA President Gianni Infantino lavished praise on Havelange, saying the "whole football community should be grateful" for his contribution. THE ASSOCIATED PRESS

RECIPE Watermelon Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

With temps soaring, this fresh fruit version is the only pizza you should be making this week. Feel free to mix up the toppings any way you like, just don't skip the syrup!

Ready in 10 minutes
Prep time: 10 minutes

Ingredients
- 1 medium watermelon, cut into 4 discs
- 2 cups Greek-style yogurt
- fresh blueberries
- fresh strawberries
- fresh raspberries
- fresh mint
- maple syrup

Directions

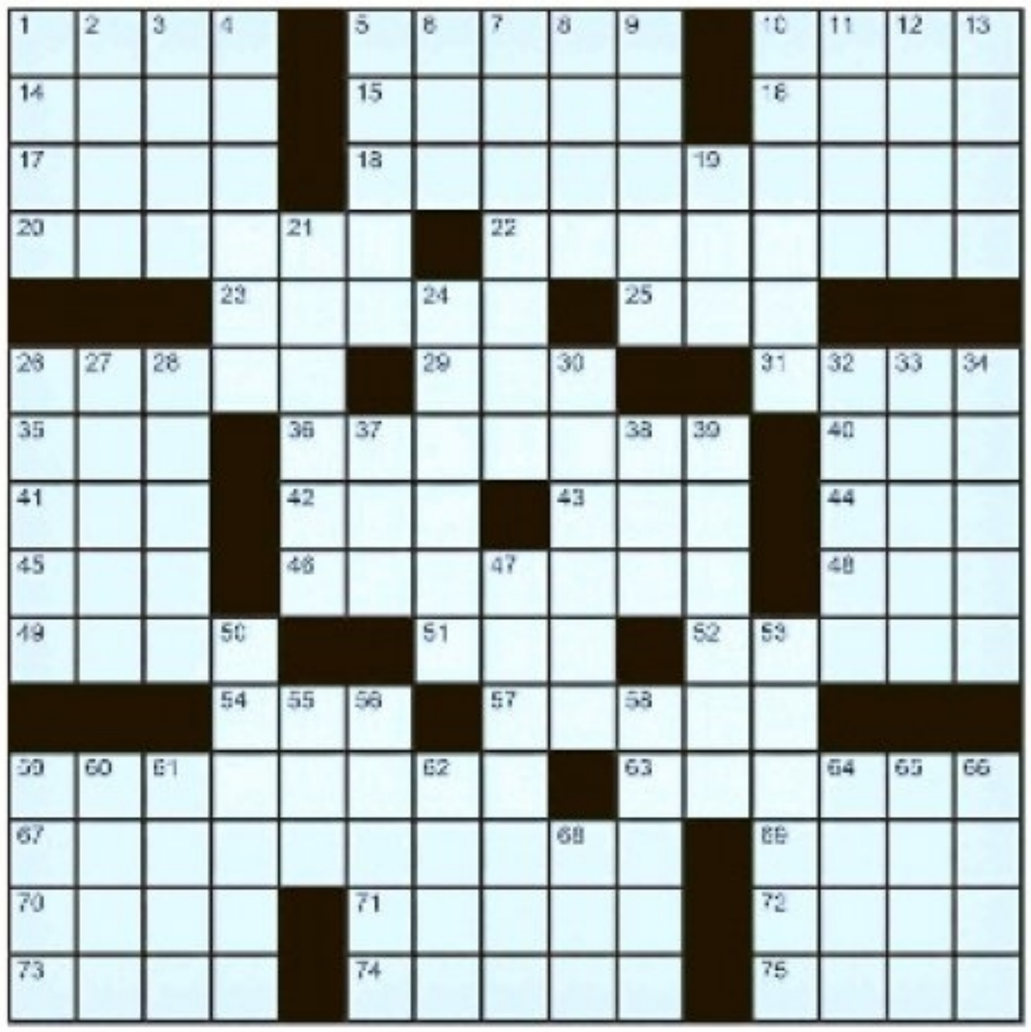
1. Carefully slice watermelon into discs about 1-inch thick. Then cut each disc into 4 slices, pizza-style. Arrange watermelon slices on a plate.

2. Spread the yogurt evenly across the meat of the melon. Sprinkle with blueberries, slices of strawberries, raspberries and fresh mint. Drizzle with maple syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Golfer's prop
5. Records
10. Half
14. "The Perry _ Show"
15. Take _ _ trip (Travel alone)
16. "BC's opposite is known _ _ _." ...said the dates expert
17. Cajole
18. RIO 2016: Barry Manilow song sharing the name of Rio's famous beach
20. Deep down
22. RIO 2016: Stuff in the pool
23. Explosive stuff
25. WSW opposite
26. Duck
29. Victorian _
31. Canadian songstress Ms. Jordan
35. Madonna movie role
36. Viewpoint
40. Waste
41. Batch
42. Li'l diagram
43. Yore's 'before'
44. "Hold _ _ sec..."
45. "C'est la _!"
46. Attendee of a concert by the singer at #18-Across
48. Wealthy dollar amt.
49. Scandinavian story
51. Pine-_ (Cleaning brand)
52. RIO 2016: Athletics a.k.a. _ & Field
54. Deplete
57. Chocolate cake ingredient
59. RIO 2016: Track & Field event: 2 wds.
63. RIO 2016: Relay team member in Track & Field
67. RIO 2016: One who gets the crowd cheering in Soccer: 2 wds.
69. _ fruit
70. Dainty
71. _ de menthe
72. Level
73. Low-lying area
74. Flute, e.g.
75. Mind

DOWN
1. 301, fancy-style
2. Common _ (Canuck coin bird)
3. Ms. Thurman's
4. RIO 2016: Olympic sport
5. Be silent, to a musician
6. Volcano in Japan, Mount _
7. Movie-watcher's treat
8. "In the Valley of _" (2007)
9. Architectural base
10. RIO 2016: Fencing swords
11. Mr. Morales
12. Manfred _
13. Family suffix in zoology
19. _ Center (Chicago building)
21. Go extinct: 2 wds.
24. Sits on the throne
26. Check out, _ into
27. Egg-shaped
28. Courted
30. Danny of "Do the Right Thing" (1989)
32. Fragrance
33. Boom kind
34. Celery _
37. Ms. Zadora
38. 'Mountain'-meaning prefix
39. Sir Isaac _
47. RIO 2016: Thomas Bach's official gig, for short: 2 wds.
50. Jessica Simpson's sister
53. RIO 2016: Badminton or Tennis need
55. Singer Mr. McLean, et al.
56. Geometric scarf designer Emilio
58. One giving home help
59. TV cable channel
60. American state
61. Highlander
62. Daybreak, to a poet
64. Bee's abode
65. _ Sound, Ontario
66. Peel
68. CPR giver

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's Full Moon could create problems with your kids, or your friends or even a romantic partner. Your best choice is to chill out.

Taurus April 21 - May 21
Today you are caught between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Gemini May 22 - June 21
Be careful, because this is an accident prone day for your sign since you or someone else might be distracted. Be calm and be aware.

Cancer June 22 - July 23
Disputes about finances, possessions, debt and inheritances might come to a head today. It's important to know what you really want before you agree to anything.

Leo July 24 - Aug. 23
Today the only Full Moon opposite your sign all year is taking place. This will create some emotional excitement or tension between you and partners and close friends. (But you still can enjoy this day!)

Virgo Aug. 24 - Sept. 23
Be patient with co-workers today, because the Full Moon's energy makes everyone a bit antsy and easily annoyed. Therefore, stay calm. Be a role model for others.

Libra Sept. 24 - Oct. 23
Don't try to persuade a friend to agree with you today. Just agree to disagree. Likewise, your relationships with children might be challenging because of the Full Moon's energy today. Go slowly.

Scorpio Oct. 24 - Nov. 22
Like Taurus, you feel challenged by juggling the demands of home and family versus job. However, unlike Taurus, you cannot ignore your career, job and public reputation.

Sagittarius Nov. 23 - Dec. 21
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will lead to an argument. (Emotions run high during a Full Moon.)

Capricorn Dec. 22 - Jan. 20
Try not to get carried away with disputes about shared property, inheritances and financial matters today, because today's Full Moon is a tough day for having important discussions. Easy does it.

Aquarius Jan. 21 - Feb. 19
Today the only Full Moon in your sign all year is taking place. Naturally, this makes you more emotional, which can rebound off close friends and partners. Oh well.

Pisces
Feb. 20 - March 20
Issues at work and conversations with co-workers might be frustrating today because of the Full Moon energy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				8		4		5
		2					7	
								8
		7			1	2		
	6		7		2		3	
		1	3			9		
1								
	5					6		
8		9		6				4

©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	9	2	7	1	6	8	5	3
6	8	3	2	5	4	1	9	7
5	7	1	3	8	9	2	6	4
1	6	5	9	3	7	4	8	2
8	2	4	1	6	5	3	7	9
9	3	7	8	4	2	5	1	6
7	5	9	4	2	1	6	3	8
3	4	6	5	9	8	7	2	1
2	1	8	6	7	3	9	4	5

CHARGED WITH A TRAFFIC OFFENCE?
X COPPER
NEW Location: 1901 Bank Street www.xcopper.com

OTTAWA'S FAVOURITE BRAND▽

THE HYUNDAI ADVANTAGE

GET MORE THAN THE COMPETITION. NOW WITH LIMITED TIME OFFERS.

Ultimate model shown♦

THE ALL-NEW 2017 **ELANTRA** GL AUTO

LEASE FOR ONLY **$59** WEEKLY | AT **0.9%◊** | FOR **24** MONTHS

WITH **$0** DOWN

ELANTRA DELIVERS MORE THAN THE COMPETITION. THAT'S THE HYUNDAI ADVANTAGE.

5YR WARRANTY††	HEATED FRONT SEATS	HEATED STEERING WHEEL	TOUCH-SCREEN
✓	✓	✓	✓
✗ CIVIC LX, MAZDA3 GX, COROLLA S	✗ MAZDA3 GX	✗ CIVIC LX, MAZDA3 GX, COROLLA S	✗ COROLLA S

2016 **TUCSON** 2.0L PREMIUM AWD

Ultimate model shown♦

GET MORE THAN THE COMPETITION. GET INTO A TUCSON.

5YR WARRANTY††	BLIND SPOT DETECTION	REAR CROSS-TRAFFIC DETECTION	HEATED FRONT AND REAR SEATS
✓	✓	✓	✓
✗ RAV4 LE, ROGUE SV, CRV LX	✗ RAV4 LE, ROGUE SV, CRV LX	✗ RAV4 LE, ROGUE SV, CRV LX	✗ RAV4 LE, ROGUE SV, CRV LX

LEASE FOR ONLY **$69** WEEKLY | AT **0.9%◊** FOR 60 MONTHS WITH $999 DOWN

2017 **SANTA FE** SPORT 2.4L FWD

Ultimate model shown♦

THINK THE COMPETITION GIVES YOU MORE THAN SANTA FE SPORT? THINK AGAIN.

5YR WARRANTY††	HEATED FRONT SEATS	17" ALLOY WHEEL	3,058L MAX. CARGO VOLUME
✓	✓	✓	✓
✗ ESCAPE SE, CRV EX-L, EQUINOX LTZ, ROGUE SL, PREMIUM	✗ ESCAPE S, CX-5 GX, EQUINOX LS, ROGUE S	✗ ESCAPE S, CRV LX, CX-5 GX, ROGUE S	✗ ESCAPE SE, CRV EX-L, EQUINOX LTZ, ROGUE SL, PREMIUM

FINANCE FOR ONLY **$79** WEEKLY | AT **0%** FOR 84 MONTHS† | WITH **$0** DOWN

7 PASSENGER SEATING — ***ALSO AVAILABLE IN 6 AND 7-PASSENGER XL MODEL***

5-year/100,000 km Comprehensive Limited Warranty††

5-year/100,000 km Powertrain Warranty

5 YEAR WARRANTY

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance

Dealers may charge additional fees for administration of up to $499. Charges may vary by Dealer.

H-Factor

THIS IS HOW WE DO IT.

visit HyundaiCanada.com

®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. ▽Ottawa favourite brand statement based on January to December 2015 Polk sales report of Hyundai vehicles in competing segments. Claims based on Autoplanner specification comparison as of July 20, 2016. Vehicle class defined by Global Automakers of Canada segmentation for the Compact Car and Compact SUV segments. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2017 Santa Fe Sport 2.4L FWD with an annual finance rate of 0%. Weekly payments are $79 for 84 months. $0 down payment required. Cash price is $28,877. Cost of borrowing is $0. Finance offers include Delivery and Destination charge of $1,695, levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ◊Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra GL Auto/2016 Tucson 2.0L Premium AWD with an annual lease rate of 0.9%. Weekly lease payment of $59/$69 for a 24/60-month walk-away lease. Down payment of $0/$999 and first monthly payment required. Total lease obligation is $6,136/$18,939. Lease offers include Delivery and Destination charges of $1,695/$1,795, levies, and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. $0 security deposit on all models. 16,000 km allowance per year applies. Additional charge of $0.12/km. ♦Prices of models shown: 2017 Elantra Ultimate/2016 Tucson 1.6T Ultimate AWD/2017 Santa Fe Sport 2.0T Ultimate are $30,627/$41,527/$46,627. Prices include Delivery and Destination charges of $1,695/$1,795/$1,895, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ◊†♦Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.